



Family Times

October 25, 2010

Hello Wonderful Parents,

Welcome to your latest edition of the Family Times - all the news you can use as you raise your Army Strong Family in the Southwest Oklahoma Region. Family time is precious, so keep these events in mind as you plan out your activities for the coming weeks. Previously announced information is in regular font. New information is in bold font.

We strongly recommend when possible to call ahead and verify the details of events with the organization hosting the activity so as to confirm information is still current and/or ongoing.



October in Oklahoma is a great time to learn about pumpkins. Where do they grow? What type of plant do they grow on? How much room do you need to grow pumpkins? How many different types of pumpkins are there? Are pumpkins a fruit or a vegetable? Are pumpkins good to eat? How do you make pumpkin seeds to eat? Have the kids do a library or net search and take a whole new perspective with you to the pumpkin patch this year.

Upcoming ACS Curriculum Training Course available for those looking to increase training effectiveness through proven, easy-to-apply skills. Improve your resume with professional Trainer Certifications. Share your knowledge and be part of the solution. Sessions are available as follows: 8-9 November-Instructor Certification; 10 November- Briefer Certification; 16-17 November- Facilitator Certification. Childcare is available if registered by 29 October. Classes begin from 8:30am-4:30pm daily on the Resiliency Training Campus. Register via email to lisa.jansenrees@us.army.mil

We've moved our family Matters Playgroup from Nye Library! Details are as follows.

Every Monday, Wednesday and Friday, Family Matters Playgroup, 10—11 am, Resiliency Training Center (formerly the RSOC), Ft. Sill, Oklahoma. Play with educational toys and work on socialization skills while meeting and networking with other military parents. Group is free and open to military connected families. For more information call Family Matters at ACS at 442-6801.

Every Wednesday & Saturday, Farmers Market, Southwest Oklahoma Growers Association, 8 am – 12 pm, Comanche County Fairgrounds, Lawton, OK.

Have you seen the Fort Sill Fitness Class schedule? All we can say is WOW! Military families would pay



hundreds per month to take advantage of these at a private health club. Spin, Boxercise, Zumba, body pump, low impact aerobics, 3D abs, water aerobics, Hips, Abs, Buns and Incredible Thighs, Body Pump, Boot Camp fitness, family water aerobics, self defense, yoga and Pilates. The new fitness classes available this Fall are just as diverse and exciting. There are several new classes such as Belly Dancing, P.H.A.T. Club and Cardio and Core Attack. Check it all out on Ft. Sill. For more information call the different gyms on post at 442-2740/6712/4670 for times and locations. For more information about the fitness classes call (580) 442-6175 or email Claudia.mejia1@conus.army.mil

Every Tuesday & Thursday, KidzArt: Basics of Drawing, 5:30-6:15 pm (ages 4-7) & 6:30-7:15 pm (ages 8+), RecPlex, Ft. Sill, Oklahoma. Students will explore making art by learning how to draw basic shapes and use them to create complex objects. Cost: \$30 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Every Tuesday & Thursday, Ballet Classes, 4:45-5:30 pm (ages 4-5) & 5:30-6:30 pm (ages 6-8), RecPlex, Ft. Sill, Oklahoma. Students must be registered with CYS Services and have a sports physical. Concentration is placed on fine tuning motor skills, building teamwork, and expanding a sense of spatial awareness. Cost is \$45 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Every Tuesday & Thursday, Piano and Voice Lessons, RecPlex, Ft. Sill, Oklahoma. Classes emphasize fundamentals of piano and voice while fostering an interest and appreciation for music of all styles. Classes are taught in 30 minute sessions, one per week (4 sessions monthly). Cost: \$50 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Every Tuesday & Thursday, Martial Arts Classes, 4:30-5:15 pm (ages 4-5), 5:30-6:15 pm (ages 6-12) & 6:30-7:15 pm (ages 13+), Resiliency Training Center, Ft. Sill, Oklahoma. Learn various punches, kicks, and self defense moves. Students will develop and improve discipline and self-confidence. Cost: \$45 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

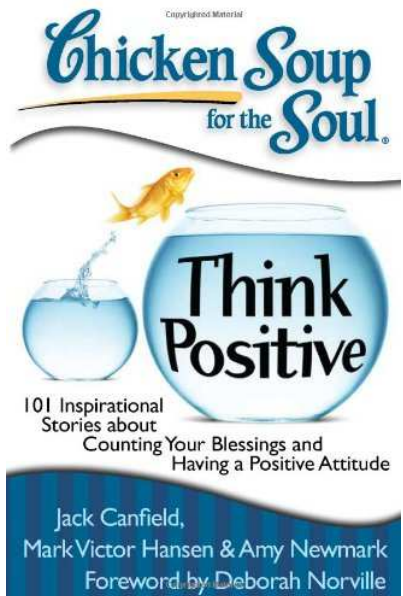
Learn to Swim Lessons, Rinehart Pool, Ft. Sill, Oklahoma. Cost: \$35 per session. For more information on dates of enrollment for each session and specific class level schedule call (580) 442-4831/3927.



Tuesdays, Zumba for Kids, 4:30-5:15 pm, Cooper CDC, Ft. Sill, Oklahoma. Zumba for kids ages 5+. A fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Cost: \$25 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Mondays & Thursdays, Hip Hop, Jazz & Tap Dance Classes, Ft. Sill, Oklahoma. Classes available for various age categories and time slots. The classes begin the week of November 1st and are ongoing. Cost: \$45 per month and is due before the 5th of each month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Army Community Service is on Facebook. Get the latest info straight to your wall via newsfeed. Become a fan of our page today! Search Fort Sill Army Community Service to find us.



The book of the week is **Chicken Soup for the Soul: Think Positive: 101 Stories about Counting Your Blessings and Having a Positive Attitude** by Jack Canfield, Mark Victor Hansen and Amy Newmark.

Every cloud has a silver lining. And the stories in *Chicken Soup for the Soul: Think Positive* will encourage readers to stay positive, because there is always a bright side. This book continues Chicken Soup for the Soul's focus on inspiration and hope, reminding us that each day holds something to be thankful for.

Kid Friendly Guided Family Hikes, 8:30 am, every Saturday morning at the Wichita Mountains Wildlife Refuge. Hike is free. Meet at the Visitor's Center.

Monday- Sunday, Little River Zoo, 10 am- 5pm, Norman, Oklahoma. The Little River zoo is home to more than 400 animals with an educational center. The educational center's philosophy is to teach people that individuals can make a difference in protecting our planet & all creatures who share it. Guided tours and outreach programs are available for individuals and groups, as well as junior zookeeper programs for children throughout the year. Cost: Seniors-\$6, Adults (12 and up) \$8, Children (3-11) \$5, Free for ages 3 and under. For more information call (405) 366-6302 or visit <http://www.littleriverzoo.com>

OKC Zoo offers a 50% military discount at the ticket booth for up to 5 people! WOW! Just show your Military ID. For hours and other info, their number is (405) 424-3344 and their website is www.okczoo.com.

Attention Army Kids! Get Real-time help. Find a resource 24/7. Get FREE online tutoring for Grades K-12+ at www.myarmyonesource.com/cyss_tutor. Online learning and career services for Families! SKIES Unlimited, run by Fort Sill's Child, Youth & School Services, offers lessons in Piano, Voice, Ballet and so much more. Call the Central Enrollment Office at 442- 3927/4831 for information, pricing, and registration.

Stroll and Stride meets every Tuesday and Thursday morning at 8:00 am at the 3-mile track parking lot pavilion. Military Moms and their kids of all ages are welcome. A fitness instructor will exercise with participants while they walk with functional exercises like pulling the stroller backwards, lunges while using the stroller as resistance and exercises utilizing the playground equipment. Looking to get fit and become a good role model for your children? Let them see firsthand that exercise is FUN by taking them to class with you!!!!

The Fort Sill Running Club meets every Monday, Wednesday and Friday at 8:00 am at Honeycutt Fitness Center. Participants are split into ability groups and sent to pre-determined routes around Honeycutt. Purpose of the club is to provide runners with a

partner and a variety of run routes. Beginners will be monitored by a fitness instructor and have a shorter route than runners in intermediate and advanced skill levels. Get off the treadmill and bust your boredom with the Fort Sill Running Club!

This week's pearl of wisdom is from Francis Bacon, Sr. (an English lawyer and philosopher, 1561-1621) who wrote, "It's not what we eat but what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practice that gives us integrity."



What do our daily practices, our behaviors, say about our integrity? If a clerk makes a mistake and gives us back too much change, do we take the time to return it?



When we see someone in need of help do we take the time to assist, even though we may not know them? If we suspect someone is being harmed, do we take the time to report it or sweep it aside and admonish ourselves to "mind your own business?"



Integrity is about doing the right thing even when no one is looking. Here's hoping we all know what the right thing is this week as we're confronted with the hustle and bustle of our daily lives.

We've got a lot of library action going on. Details below:

Story Time, every Wednesday, 11 am—noon, Nye Library, Fort Sill, OK. Young children and parents are invited to enjoy stories and crafts. Call 442-3806 for more information.

Book Club for Kids, grades 3—6, every Wednesday, 4—5 pm, Nye Library, Fort Sill, OK. Sign up at Nye Library. For more information call 442-3806. Book Club for Grown-Ups, 2-4 pm, First Sunday of Every Month. Snacks and drinks will be provided by book club members. Call Nye Library at 442-3806 for more information and registration.

Fridays, Explorer's Club, 10am, Nye Library, Ft. Sill, Oklahoma. Parents and children participate in activities with music, arts, and crafts, reading and language. Come and enjoy a new adventure every week. For more information call (580)442-6801.

Scrapbooking Club, Every Saturday, 10 am—4 pm, Nye Library. Would you like to meet new people and share scrapbooking ideas? A scrapbooking technique will be taught from 1 -4 pm. Call 442-3806 for more information.

Girl's After School Book Club every Tuesday, 4:30 pm & boy's After School Book Club every Thursday, 4:30 pm. Story time, every Wednesday, 11 am, Lawton Public Library, Lawton, OK. For more information call 581-3450.

Wichita Falls Public Library Story time, 10:30 am each Tuesday. Call 940-767-0868 for more information.

Pre School Film Festival, 10:30 am, each Tuesday for preschool through 2nd grade and their parents at the Altus Public Library. For information call 480-477-2890.

Every Wednesday, 10:30-11:00, Story time at Altus Public Library for children 3 1/2 and older. Books, video and felt story boards are used to present different themes including family relationships, animals, seasonal events, and early learning concepts.

Writers Group, 6 pm each Tuesday, Duncan Public Library, Duncan, OK. Call 580-255-0636 for more information.

The Relocation Readiness Program has combined the Waiting Families and Culture Connection Group Meetings. Waiting Families provides support for Spouses and Families living in the Lawton Fort Sill area while separated from their Service Member for mission requirements. Culture Connection assists Family Members from other countries as they transition into the Lawton Fort Sill community. Family Members can receive help in obtaining a drivers license, information on English classes, child care and more. For more information, contact Cliff Hagele with the ACS Relocation Readiness Program at (580) 442-2360.

The frugal family tip of the week is to use the new Coupon Savings Exchange Program hosted by the Financial Readiness Program at ACS. If you have any unexpired grocery coupons that you will not use or may be helpful to someone else, please put them in an envelope for Zilpa Oseguera and drop them at the ACS front desk. Zilpa and the financial readiness interns and fellows are organizing a coupon box/ basket in the lobby area for Soldiers and Families to use. The truth is, some of us are in the diaper buying stage of life, and others have outgrown that necessity. But diaper coupons are available to all of us in a variety of ways so why not just clip, along with items that you regularly use, and pass that coupon along to those who will still use the product, and the savings! This program is geared toward encouraging Soldiers and Families to save money on groceries and also provide an opportunity for those who want to help others by leaving their unused coupons for others to take. The need a coupon, take a coupon, got a coupon, leave a coupon initiative is now in effect at ACS FRP!



Free tutoring for Military Families at www.tutor.com/military. Get help from a professional tutor anytime you need it – FREE. Tutors are on-line 24/7 so Service Members and their Families can get help with more than 16 subjects. Unlimited access provided by the Department of Defense.

Every Tuesday, Love and Logic: Basic Parenting Class for all ages, 11:30 am—12:30 pm, Bldg 4700, Fort Sill, Oklahoma. Pre-registration is required. For child care and enrollment information call 442-0692.

Discovery Room Programs for kids, 1—4 pm, each Saturday, Wichita Mountains Wildlife Refuge. Fun, educational activities led by WMWR staff and volunteers. Free of charge. Reading Tails, Each Tuesday, 4—5 pm, Wichita Falls Public Library. Call 940-767-0868 for more information.



The website of the week is www.halloween-safety.com.

Whether you looking for safety tips for adults, kids or pets you'll find it here. Throwing a party, setting up a yard display, prepping your costumes to go trick or treating... this website is an absolutely excellent resource to help ensure your spooktacular celebration is a safe one!

You are invited to join a group of mothers who are committed to making a difference. Moms on a Mission recognizes that we have the power to make the world a better place, and the best place to start is at home with our own families. With us, we hope you'll experience mothering support as well as authentic community, personal growth and spiritual direction, all to help you be the best mom possible. We plan to achieve this through fellowship, food (of course), creative crafts, Bible studies, Christian-based book discussions, guest speakers on parenting issues, and local and world mission projects. Childcare will be provided, and the first meeting is FREE. Call 355-5757 or visit www.glowgrowgo.org.

Photo Club for Ages 10 & up, 4 pm each Tuesday, River Bend Nature Center, Wichita Falls, TX. Call 940-767-0843 for more information. Re-employment /Tuition Assistance.

Funding is available to military spouses who have relocated to Fort Sill with their service member recently and were employed prior to coming to Fort Sill. This support is for a college (associate / bachelor / master) degree program or a technical center certification program. This grant covers tuition, books, and fees for up to \$5,000/Technology Center, \$7,000/Associate Degree, and \$10,000 for a Bachelor or Master's Degree. This grant is provided through a WIA (Workforce Investment Act) Dislocated Worker BRAC Grant. For details on this program and eligibility requirements contact Mr. Shofner at the Fort Sill Workforce Center/Family Member Employment Readiness Program at 442-4256.

Discovery Room Programs, Saturday and Sunday, 3:00 pm, Sam Noble Museum of Natural History, Norman, OK. Join us for stories and activities on a variety of natural history topics. Programs generally last 30 minutes and are geared for pre-school through elementary school aged children and their parents. Visit www.snomnh.ou.edu for more information.

Each Wednesday and Saturday, 10 am – 12 pm, there is an Open Art Class presented by the Lawton/Fort Sill Art Council. The class, held at the Art Center, 1701 NW Ferris is free and open to the public. Call 355-3211 for more information.

Each Sunday, 1-5 pm, admission to the Museum of the Great Plains is free for residents of Lawton/Fort Sill. Take along a picnic and enjoy the prairie dogs in Elmer Thomas Park. Call 581-3460 for more information.

The kid friendly recipe of the week is for homemade instant oatmeal packets.

Fall is a great time to enjoy a warm breakfast and kids will doubly enjoy it if they are involved in making their own. A blender or food processor is all you need to whip up a low cost alternative to the flavored instant oatmeal your kids already love.



Google search “homemade flavored instant oatmeal” and you’ll find great recipes that you can make in your kitchen and store in either a canister on the



counter or individual baggies for quick, hearty breakfasts. Apple cinnamon, raisin walnut, blueberry orange, strawberry banana, coconut pineapple... the flavor combinations are easy to achieve with dried fruit and the simplest of recipes. Yum!

Overnight Express, 3rd Friday of every month at Lawton Family YMCA. Fee required. Contact 355-9622 for more information.

Cooperton County Barn Dances are held every Saturday from 7-11 pm. For a \$6 entry fee, your own soda or water and a pot luck dish you get dinner and 4 hours of live musical entertainment. Dances are held in an alcohol and smoke free environment and are open to all ages. Bring your kids and teach them to country two step. For more information, call Kenneth Boyd at (580)639-2776.

The National Military Family Association offers fellowships for military spouses to become accredited financial counselors through a distance learning program. The fellowships cover over \$1100 in tuition, resource and testing fees. To learn more visit www.nmfa.org

Every Tuesday, Newcomer's Brief, 8am-11:30am, Building 4700, Room 216, Ft. Sill, Oklahoma.

Tuesdays & Thursdays, Pre & Post-Natal Fitness Class, 10:30-11:30 am, Rinehart Fitness Center, Fort Sill, OK. Class includes circuit training and relaxation techniques for pre and post pregnancy. Call (580)442-6652 for more information.

Tuesdays and Thursdays, Positive Parenting, 2 pm (Tues) & 8:30 am (Thurs), Bldg. 4700, Ft. Sill, Oklahoma. Classes address parenting in different age groups/categories and topics such as parenting teens, toddlers, and co-parenting after divorce. For more information call (580)442-4916/0692.

Monday - Saturday, Great Plains Museum, 10 am - 5pm & Sundays, 1pm - 5pm, Museum of the Great Plains, Lawton, Oklahoma. The museum is a place to explore, discover, experience and learn. Visit the museum and learn about Lawton's history through numerous exhibits and explore the settlement of the Great Plains. Ages 12 and older \$6, Senior Citizen \$5, Ages 7-11 \$2.50, Ages 6 and under free (must be accompanied by an adult). For more information call (580)581-3460.

Free First Mondays!!! Make your way to the Sam Noble Museum of Natural History on the

first Monday of each month and receive free admission. This stunning, family-friendly museum features dinosaur skeletons, prehistoric bugs and the world's largest Apatosaurus. For more information visit <http://www.snomnh.ou.edu>

Now-20 November, Fitness in the Park, 9 am, East side of Elmer Thomas Park (Lakeside Stage), Lawton, Oklahoma. This event is a non-profit initiative formed by the Comanche County Health Department and MWR on post in partnership with City of Lawton Parks and Recreation. It consists of volunteer instructors that will host a one hour workout session every Saturday until 20 November. There will also be sessions in April and June. These sessions will rotate every Saturday and will consist of numerous fitness classes. For more information call (580) 442-6175.



Now-22 November, Sign Up for Christ Kindl Markt, Outdoor Adventure Center, Ft. Sill, Oklahoma. Vendors are invited to sign-up to sell handmade or limited commercial items at the Christ Kindl Markt. Interested crafters and vendors sign up until Nov 22, 2010. The Christ Kindl Markt will be held 4-5 December at the Rinehart Fitness Center. To sign up, stop by the Outdoor Adventure Center located in the RecPlex or mail payment to Family and MWR Special Events, P.O. Box 33307, Fort Sill, OK 73503. For more info call Marion Doss at (580) 442-9480 or

email dossm@conus.army.mil

Now- 1 December, Oklahoma Railway Museum, 9 am – 5 pm, Oklahoma City, Oklahoma. This is an outdoor museum and may be closed due to inclement weather or when temperature is below 40°F. The museum is open Thursdays, Fridays, and Saturdays with train rides (10 am - 2:30 pm) on the first and third Saturday of each month from April to August, the first Saturday of September, and the last Saturday in October. Cost: \$10 for 15 years and up, \$5 for 3 – 14 years & those under 3 are free. For more information call (405) 424-8222.

23-31 October, Storybook Forest, 5:30-8:30pm, Edmond, Oklahoma. Kids and their parents are invited to walk through the not-so-scary Storybook Forest to collect candy from storybook characters and to see wonderful storybook scenes. Other festivities include a hayride, games, and a campfire for roasting marshmallows and listening to stories. For more information call (405) 216-7471.

25-26 October, Cameron Golf Tournament, all day, Duncan, Oklahoma. Come support our local Cameron Aggies as they tee off against Oklahoma Intercollegiate in Duncan this Monday. For more information visit <http://goaggies.cameron.edu/>

26 October, Surviving the Holidays Debt Free, 5:30pm-6:30pm, Resiliency Training Support Center (formerly the RSOC), Ft. Sill, Oklahoma. RSVP is required and child care is available if registered two weeks in advance. Cost: Free class. For more information call (580) 442-4916.

27 October, Family Fall Celebration, 6:30-8pm, Chickasha, Oklahoma. A family oriented event of fun, games and desserts. Wear your costumes. Cost: Free. For more information call (405) 224-3027.

28 October, Fall Festival, 5-7pm, Nye Library, Ft. Sill, Oklahoma. Join the Nye Library staff for some Fall fun with seasonal kid's crafts and fun photo opportunities (costumes optional). Activities will include carnival style games for children with yummy prizes. Highlights: Pumpkin Art Display and contest. Entries for contest must register at Nye Library and Pumpkin Art must be submitted by October 27th at 6 pm. For more information call (580) 442-2048/3806.

29-30 October, Wildcats Hockey vs. Corpus Christi Ice Rays, Kay Yeager Coliseum, Wichita Falls, Texas. For more information call the box office at (940) 716-5555.

30 October, 2nd Annual "SC" Family Fall Festival, 2pm-10:30pm, Simmons Center, Duncan, Oklahoma. Carnival, free movie and more. For more information call (580) 252-2900 ext 238.

30 October, Firefighters Fall Festival, 9am-3pm, Grady Co Fairgrounds, Chickasha, Oklahoma. 26th Annual Firefighters Fall Festival Chili Cook Off-Car and Truck Show. Free chili, beautiful cars, trucks, motorcycles, arts & crafts. Cost: Free. For more information call (405) 222-6030.

30 October, Our Heroes' Tree Ornament Workshop, Nye Library, Ft. Sill, Oklahoma. Please bring a photo of your military hero(es); We will provide the rest. You can also make an ornament at home and bring it in to hang on our Heroes' Tree. For more information call (580) 442-2048/3806 or visit www.sillmwr.com

30 October, Female Military Service Personnel Get-Away, 10am-5pm, Turtle Rock Farm, Oklahoma. Turtle Rock Farm and Sustainability Center is hosting a second day in nature for military women who've been deployed. The first day in nature this spring was a day of peace enjoyed by about 15 military women. Come and connect with each other while enjoying what nature has to offer. Participants can enjoy peaceful activities such as walks on the prairie, canoe rides on the pond, exploring our creeks, gardening, feasting on fresh and homegrown food, and visiting with friends while relaxing on a porch and/or enjoying the countryside. Cost: \$10-lunch included. Registration has been extended to October 26th. To register and for more information call (580) 725-3411 or (580) 917-6011 or visit <http://turtlerockfarmretreat.com>

30 October, Great Pumpkin Fest, 9am-6pm, Newcastle, Oklahoma. This family fun event features a pumpkin patch, arts & crafts, games, contests, barn dance, and entertainment. For more information call (405) 387-3232.

30-31 October, Artistry in Wood, 9am-5pm (30th) & 10am-4pm (31st), Oklahoma City. This event features the work of local and regional artisans exhibiting and demonstrating their wood carving, turning and scroll saw art. In addition, children will be provided

with free instruction in soap carving. Enjoy browsing through endless booths of wood and tool vendors. There will also be a whittling contest on the afternoon of the 31st. Door prizes will also be awarded at this event, including a hand-carved Nativity scene. For more information call (405)255-6168.





1 November, Guitar Lessons, Resiliency Training Center (formerly the RSOC), Ft. Sill, Oklahoma. SKIES Unlimited accepting registration for guitar lessons. Each class lasts one hour per week. Participants are not required to own a guitar. Lessons are available to children ages 7-18 who are registered with CYSS. Space is limited. Classes are ongoing. Monthly fees are due by the 5th of each month. Cost: \$45 per month for four classes. For more information call (580) 442-3927/4831. Parents can register and pay online at <https://webtrac.mwr.army.mil>

5 November, Puppet Theatre, 11am-noon, Nye Library, Ft. Sill, Oklahoma. For more information call (580) 442-3806.

5-6 November, Creative Craft Festival, 9am-4pm, Norman, Oklahoma. This annual craft festival features home decorating, handmade, seasonal, and specialty items presented by over 90 crafters. For more information call (405) 360-4721.

5-7 November, Introduction to Backpacking (Talihina, OK), 4pm (5th)- 7pm (7th). Take pleasure in a rugged and educational weekend on the trail. We will hike an 11 mile trail while teaching about outdoor cooking, water crossing, water purification, and just enjoying the beauty of nature and new people. Pre-trip meeting October 26th at 6 pm at the RecPlex. Cost: \$45/person (includes meals on the trail and transportation). For more information call 442-3575 or 355-8270.

6 November, Our Heroes' Tree Ornament Workshop, Nye Library, Ft. Sill, Oklahoma. Please bring a photo of you military hero(es); We will provide the rest. You can also make an ornament at home and bring it in to hang on our Heroes' Tree. For more information call (580) 442-2048/3806 or visit www.sillmwr.com

6 November, Fort Sill Gunners Rugby, 2pm, Prichard Field. Fort Sill Gunners vs. North Texas Griffins. Open to all. Cost: Free. For more information call 442-3057.

6 November, National Weather Festival, Norman, Oklahoma. This event features children's activities, weather technology demonstrations, weather product showcases and hourly weather balloon launches. In addition, the National Weather Center will hold an open house for visitors. For more information call (405)325-3095.

6-21 November, AQHA World Championship Quarter Horse Show, 8am-11pm, Oklahoma City. For two weeks in November, the world's best American Quarter Horses meet in Oklahoma City for the chance to become a world champion and their share of more than \$2.7 million in cash and awards. From halter to reining and jumping to trail, this is an event for those who love and appreciate the athletic ability and beauty of the American Quarter Horse. For more information call (806)376-4811.



9-14 November, "Shrek: The Musical", Oklahoma City. "Shrek: The Musical", based on the Oscar-winning Dream Works film that started it all, brings the hilarious story of everyone's favorite ogre to life on stage. This musical is part romance, part twisted fairy tale and complete irreverent fun for everyone. Featuring a terrific score of 19 all-new songs, big laughs, great dancing and breathtaking scenery. WWOR-TV proclaims that "Shrek: The Musical" is "far, far and away the funniest new musical on Broadway." For more information call 1(800)869-1451.

12 November, Circuit of Art, 6-10 pm, Norman, Oklahoma. This is a monthly celebration of art held each second Friday of each month. All of downtown Norman becomes an arts district featuring music, visual art, and lots of fun. Cost: Free Admission. For more information call (405) 360-1162.

12 November, Live on the Plaza, Oklahoma City's Plaza District. This event occurs every second Friday. It is an art walk featuring local artists, live music, film screenings, local retail shopping and much more. LIVE on the Plaza is known for promoting emerging artistic talent in Oklahoma City. During the art walk, Plaza District businesses open their doors to the public to feature monthly visual artists, performing artists and live musicians. LIVE on the Plaza provides the community with an opportunity to view emerging talent each month, as well as to socialize with a diverse mix of artists, professionals, neighborhood residents and families. For more information call (405) 308-5991.



12-20 November, Duncan Little Theatre's "Steel Magnolias", 7:30pm, Simmons Center, Duncan, Oklahoma. In this heartwarming story set within the confines of a beauty shop, the lives of 6 women are played out in a touching and poignant tale that reveals the interactions of 3 generations of women. Often humorous and sometimes poignant, the story draws the audience in to the complex issues that women face as they struggle to raise a family and stay connected. For more information call (580)252-8331 or visit www.duncanlittletheatre.com

13 November, One Day Conference by Authors of "Facebook and Your Marriage", 9am-4pm, Ft. Sill's Welcome and Conference Center (formally Gunner's Inn). The morning session will be about Facebook (FB) and your marriage/relationships, while the afternoon session will be about FB and your kids. This conference can benefit educators, therapist/counselors, spiritual leaders, etc... this conference is beneficial to many... to all even. Come and enjoy this exciting opportunity. Cost is FREE. For more about this book and its authors visit www.fbmarriage.com

18 November, Ribbon Cutting Ceremony for Cooper Child Development Center (CDC), 10am, Ft. Sill, Oklahoma. Cooper CDC will provide child care spaces for 232 children ages 6 weeks to 5 years of age. The center will provide a trained staff, balance meals, and age appropriate-developmental activities. The center will also offer Kindergarten, full-day preschool, and before and after school care. For more information call (580) 558-5737.

18-21 November, Four Days of All Breed Dog Shows, 9am-7pm, Grady County Fair Grounds, Chickasha, Oklahoma. For more information call (405) 376-2929.

19-20 November, 9th Annual Electricritters, 6:30-8:30pm, River Bend Nature Center, Wichita Falls, Texas. This event is complete with over 150 lighted silhouettes of woodland creatures, beautiful butterflies, friendly bugs and reptiles. Enjoy live entertainment, s'mores, hot cocoa and cider plus visits from Santa, Mrs. Claus and Rudolph! For more information call (940)767-0843.

20 November, Cherish the Gift of Home and Hearth, 8:30am-3:30pm, Resiliency Training Campus (RTC), Ft. Sill, Oklahoma. This is a one-day workshop featuring fifteen different family-friendly classes, such as: Finding your Inner Grillmaster, Holiday Decorating, Creative and Inexpensive Holiday Gifts, Beginning Hip Hop, Digital Scrapbooking, Holiday Budgeting, Karate and so much more. Free childcare will be available for military families. For more information call (580) 442-6018/4916 or to register online visit www.sillmwr.com

23-30 November, Festival of Light Opening Night, 6-11pm, Chickasha, Oklahoma. Come and enjoy a top ten nationally recognized holiday light show with 3.5 million lights, the tallest Christmas tree in the nation at 16 stories and 172 feet and a beautiful crystal bridge across a 5 acre lake filled with the mirrored image of 3 million lights. The park also exhibits a state-of-the-art computer animated light show with over 20 minutes of beautifully choreographed lights dancing to fantastic Christmas music, carriage rides with majestic draft horses pulling white carriages, professional digital photos with Santa, gift shops & concessions stands with scrumptious gooey cinnamon rolls & more. Open every night from November 23rd through December 31st. Cost: FREE admission with donations accepted. For more info call (405) 224-9627 or visit www.ChickashaFestivalofLight.com



26-27 November, Creative Craft Festival, 9am-4pm, Norman, Oklahoma. This annual craft festival features home decorating, handmade, seasonal, and specialty items presented by over 90 crafters. For more information call (405)360-4721.

27-28 November, Bliss Holiday Gift Market, 10am-6pm (27th) & 11am-5pm (28th), Oklahoma City. This spectacular event with over 100 exhibitors features a unique collection of gifts from regional artists, crafters and artisans, as well as selected retail merchants. For more information call (405)596-1687.

26-28 November, Tuna Christmas, 7:30 & 8pm, Wichita Falls, Texas. Bring the whole family and enjoy this Christmas comedy live on the dinner stage. This event runs from November 26-December 18, Thursdays 7:30pm. Fridays and Saturdays 8pm. Cost: Tickets \$27 & \$25. For more information call (940)322-5000 or visit www.backdoortheatre.org

Please keep in mind that all information included in this issue is put out in good faith to the best of our ability for family leisure time planning purposes. Readers are reminded that organizational event calendars often change and are strongly encouraged to verify the enclosed information with the organization hosting the event.

If you received Family Times as a forward and would like to receive the weekly newsletter directly to your in-box, contact Lisa Jansen-Rees by e-mail (lisa.jansenrees@us.army.mil) with the word ADD in the subject line. To be removed from the distribution send an e-mail with the REMOVE in the subject line. To submit items to Family Times please format your information as events are listed here (date, event, time, location. Description including cost and target audience. Contact information.) and send electronically with the word SUBMISSION in the subject line. Thanks for reading and enjoy your family time!

Lisa Jansen-Rees
Family Wellness Guru

(Research and Formatting)
Marta Robles
Volunteer Extraordinaire